



# Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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## Kicking form #1: Balchagi Il chang (발 차기 일 전)

- Ready Stance
- Crossing double block (high) to left (centering exercise down, 8 count, double low block)
- Right front snap kick, step forward left foot, left punch and right block at 45 degree
  
- Turn around all way to right.
- Crossing double block (high) to right (centering exercise down, 8 count, double low block)
- Left front snap kick, step forward right foot, right punch and left block at 45 degree
  
- Reset fighting stance forward (*ki-hap*)
- Right front kick, left round house, right axe kick (*ki-hap*)
  
- Turn to the left (right fighting stance)
- Right roundhouse, Left turn back kick
  
- Turn to the right
- Left roundhouse, right turn back kick
  
- Reset facing back (left fighting stance) (*ki-hap*)
- Roundhouse (left)
- Roundhouse (right)
- Right foot hopping Front Kick (*ki-hap*)
  
- Return to the left to ready stance
- Cha-ryut (attention)
- Kyung-yeh (bow)

